CLAIMS:

1. A method of encoding a first sequence [SQ1] of data blocks [DB1-*] and a second sequence [SQ2] of data blocks [DB2-*] that is correlated with the first sequence [SQ1] of data blocks [DB1-*], the method comprising the step of encoding the first sequence [SQ1] of data blocks [DB1-*] in such a manner that certain data blocks serve as a reference [REF] for predictively encoding [PE] the other data blocks in the first sequence [SQ1], characterized in that the method comprises the step of encoding the second sequence [SQ2] of data blocks [DB2-*] in such a manner that all data blocks [DB2-*] are predictively encoded [PE] with respect to those data blocks in the first sequence [SQ1] which serve as a reference [REF].

2. An encoder for encoding a first sequence [VL] of data blocks [L] and a second sequence [VR] of data blocks [R] that is correlated with the first sequence [VL] of data blocks [L], the encoder comprising means to encode the first sequence [VL] of data blocks [L] in such a manner that certain data blocks serve as a reference for predictively encoding the other data blocks [L(n+1), L(n+2)] in the first sequence [VL], characterized in that the encoder comprises means to encode the second sequence [VR] of data blocks [R] in such a manner that all data blocks [R] are predictively encoded with respect to those data blocks in the first sequence [VL] which serve as a reference [L(n), L(n+3)].

3. A decoder for decoding a multiplex [CSV] of an encoded first sequence [VL] of data blocks [L] and an encoded second sequence [VR] of data blocks [R], the second sequence [VR] of data blocks [R] being correlated with the first sequence [VL] of data blocks [L], the decoder comprising means to decode the first sequence [VL] of data blocks [L] in such a manner that certain data blocks [L(n), L(n+3)] serve as a reference for predictively decoding the other data blocks [L(n+1), L(n+2)] in the first sequence [VL], characterized in that the decoder comprises means to decode the second sequence [VR] of data blocks [R] in such a manner that all data blocks [R] are predictively decoded with respect to those data blocks in the first sequence [VL] which serve as a reference [L(n), L(n+3)].

4. A multiplex [CSV] of an encoded first sequence [VL] of data blocks [L] and an encoded second sequence [VR] of data blocks [R], the second sequence [VR] of data blocks [R] being correlated with the first sequence [VL] of data blocks [L], the first sequence [VL] of data blocks [L] having been encoded in such a manner that certain data blocks [L(n), L(n+3)] serve as a reference for predictively decoding the other data blocks [L(n+1), L(n+2)] in the first sequence [VL], characterized in that the second sequence [VR] of data blocks [R] has been encoded in such manner that all data blocks [R] are predictively encoded with respect to those data blocks in the first sequence [VL] which serve as a reference [L(n), L(n+3)].